

## Eating More Vegetables

Hi and welcome back. I'm Ken and today I am going to be talking to you about some ways to help you eat more vegetables. Many of us don't eat enough vegetables and since we were little kids our parents have been on us to eat more vegetables, your dietitian probably tells you to eat more vegetables or maybe your wife nags you to eat more vegetables. But, a lot of us don't eat and know that we don't eat enough vegetables. So, why is it that we don't eat more vegetables? Is it the taste? Is it that you are not sure how to prepare them? Is it the cost? Or is there some other reason you don't enjoy vegetables.

Today, I am going to show you a few tips that you can try at home to make vegetables more enjoyable. We all know that vegetables are good for us, they contain a lot of vitamins, minerals and that all important fiber, but we just don't eat very many of them. One of the reasons we may not eat many vegetables is we tend to overcook them. Here I have a bowl of broccoli that was overcooked that I boiled on the stove, it is limp and mushy and actually has become discolored and the flavor and the smell is very strong. Overcooking vegetables tends to make them bitter and bring out some of the stronger flavors. The one key thing is to try not to overcook your vegetables. A couple of other ways you can improve the taste of your vegetables, is to try different cooking techniques. Today I am going to show you a couple of different techniques. We are going to steam some vegetables or actually sauté them in some chicken broth, that will not only give the vegetables more flavor from the chicken broth but it is a healthy way of cooking vegetables and not using a lot of fat. So, we are just going to go over to the stove and get these started.

Before you begin, you are going to need some sort of a sauté pan or frying pan, preferably one with a lid, that way you can kind of steam the vegetables along with sautéing them. So, I have this on high heat and I am just going to pour some chicken broth in there, just enough to cover the pan a little bit. You can go ahead and put the vegetables in right away or you can wait until that starts to boil. I just have some broccoli, some cauliflower and some carrots and I am just going to dump that in there and stir it around a little bit. Get some of that broth over the vegetables and just put a lid on that and let that boil for a couple of minutes. The key there is to not overcook it, so check it every once in a while, pierce the vegetables with a fork so they are not getting too mushy.

Another way that you can enhance the flavor of vegetables is by grilling the vegetables. This time of year you can use an indoor grill or if you are one that uses your grill all year round, you can use your outdoor grill. I am simply using an indoor grill today. I have a variety of different vegetables here. I have some sliced potatoes, sliced red cabbage, some carrots, some mushrooms and some tomatoes. You can do this a couple of different ways. You can spray the grill with some non-stick spray, this is actually an olive oil spray so it is a healthy fat, or you can use some olive oil and just lightly brush the grill. By using a brush like this you are limiting the amount of fat you put on it, you are just kind of evenly coating it rather than pouring the fat from a jug where you tend to overdo the fat. We are just simply going to place some of these vegetables on the grill, which is nice and hot. You can hear it start to sizzle a little bit there. We will use some potatoes. Maybe would only have a couple of vegetables if I was cooking at home, but since I have so many here I am just going to show you a few different

ways. I washed my hands beforehand, so they are nice and clean. Just throw some tomatoes on there and some carrots. Oh, that is going to town over here, so let me kind of take the lid off a little bit. Another key is to try some different seasonings. There is a handout in your packet today that is called, "Spicing up Your Vegetables", and this lists a variety of different vegetables and suggests different herbs and spices that you might want to try, or you can just come up with your own special herb and spice blend. On this particular one we are going to try a little bit of lemon pepper on the cabbage, kind of spice that up a little bit, some dill on carrots, not only does it add a lot of color but it adds some good flavor to the carrots, we will just sprinkle a little dill on there, you can use fresh dill or the dried spice dill. For potatoes, parsley always goes good with potatoes, so I am just going to sprinkle a little bit of parsley on there and I also like garlic, so oh, I guess I don't have garlic, onion. I like onion so we are going to put a little onion powder on those potatoes as well. The mushrooms I am actually going to experiment a little bit and use some tarragon. This is a nice way for you to experiment a little bit, try a few different herbs and spices and try some that you have never tried before or you can also purchase the blends that offer a variety of different spices in one bottle. This is a roasted garlic and herb, put a little bit of that on the tomatoes. It is not sticking very well, so I am going to put a little oil on that and season it up again, just close that lid for a while and let those grill, it shouldn't take more than about ten minutes. So, while that is cooking I am going to go back and check my sauted vegetables and they are getting soft, browning a little bit, we are running a little bit low on broth here, so I am just going to go ahead and add a little bit extra. This is very low in calories, so don't be afraid of using quite a bit of that. I have a nice color going here, some nice smells and that didn't take very long for those to cook either, I am just going to let that cook down a little bit longer and then we will be ready to plate that up. While the rest of those vegetables are cooking I am just going to talk a little bit more about some other ways to enjoy vegetables. Often times if you can get vegetables in their peak season they tend to have better flavor. So, visit the grocery stores when foods are in season, try the farmer's market if you have a farmer's market in your community or better yet grow some of your own. If limited space is an issue for you, you can actually have a pretty successful garden by doing some container gardening. There is information on the Internet about container gardening or you can also check with your local extension agency. It looks like these are about done, so I am just going to turn the heat off on that and set it aside and we will come back to that in a little bit. So, try some of the fresh vegetables that are in season. You also may find that you prefer the taste of canned vegetables or frozen vegetables and they usually are less expensive, especially when the vegetables aren't in season. The nice thing about a frozen vegetables is that you are able to open up that bag, take out the amount that you want and then you can seal that bag up and put it back in the freezer. These also tend to be frozen at their peak freshness, so the flavor is usually pretty good in frozen vegetables and then just try some of the different spices we talked about earlier. Canned vegetables can also be a good choice for you and are usually an inexpensive source of vegetables. The biggest complaint is that they tend to have a lot of sodium. The main thing you want to do with canned vegetables to reduce that sodium is to open up the can, drain off the liquid, rinse them and then put them in whatever container you are going to cook them or steam them. That will get rid of some of that sodium. All right, so I think most of our vegetables are probably done here, so let's just take a look at how these turned out. We have got some nice color on these vegetables, nice grill marks so it looks good, and you will find that you might enjoy the taste of roasted or grilled vegetables better. A lot of the time you will hear about roasting vegetables

and roasting vegetables is just basically baking them in the oven at a higher temperature and they caramelize, caramelization is the sugars in the vegetables actually caramelizing and that enhances the flavor.

So, give some of these different techniques a try and your assignment over the next week is to try a vegetable you have never tried before or try one you haven't had in a long time. Experiment with some of the different seasonings and you may find you have a new favorite. Thank you.